

# Cardiovascular Disease Mortality and Risk Factors

## *in the South Heartland District Health Department Region*

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### **South Heartland District Health Department**

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Although not statistically significant, age-adjusted mortality rates for total cardiovascular disease, heart disease, and sudden cardiac death in the South Heartland District Health Department region are higher than those for all Nebraska residents. Consistent with adults in many Nebraska health districts, females (22.5%) are more likely than males (9.0%) in the South Heartland region to consume five or more servings of fruits and vegetables daily. Furthermore, adults in the South Heartland region rank lowest (out of 18) in the percentage that consume five or more servings of fruits and vegetables daily (at 15.9%), which is lower, but not significantly different from than the statewide average of 19.3%. However, the percentage of males in the South Heartland region (9.0%) that consume five or more fruit and vegetable servings daily is significantly less than the statewide percentage (14.6%).

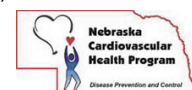
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### **Regionally specific supplement to:**

*Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions.* Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

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**Full copy available for download at: <http://www.hhs.state.ne.us/cvh>**

# South Heartland District Health Department

## Demographic Composition

Counties	Average age	Education	Race / Ethnicity		
Adams, Clay, Nuckolls and Webster	38.9 years	H.S Grad / GED or higher	85.9%	Number	Percentage
Total population	Median income	Baccalaureate / Graduate degree	18.0%	White, non-Hispanic	44,411 93.9%
47,308	\$35,898			Minority	2,897 6.1%

Source: 2000 Census

## Mortality and Risk Factors

### Mortality Due to Cardiovascular Disease Among Residents in South Heartland District Health Department by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	
Total Cardiovascular Disease	1,118	305.4	17.9	509	379.7	33.0	609	250.6	19.9	1.52 <sup>+</sup>
Heart Disease	860	235.9	15.8	401	299.3	29.3	459	188.1	17.2	1.59 <sup>+</sup>
Sudden Cardiac Death	451	122.6	11.3	204	153.0	21.0	247	96.8	12.1	1.58 <sup>+</sup>
Stroke	198	52.7	7.3	77	57.1	12.8	121	49.4	8.8	1.16

Source: Nebraska Vital Records

<sup>+</sup> The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

### Risk Factors for Cardiovascular Disease Among Adults in South Heartland District Health Department by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	
<sup>1</sup> Current Cholesterol Screening	453	67.2	5.2	179	64.1	8.0	274	70.1	6.8	0.91
<sup>2</sup> Diagnosed Diabetes	850	4.8	1.6	333	4.9	2.5	517	4.7	2.0	1.05
<sup>3</sup> 5-a-day Consumption	534	15.9	3.6	212	9.0 <sup>++</sup>	4.2	322	22.5	5.4	0.40 <sup>-</sup>
<sup>4</sup> Diagnosed High Blood Cholesterol	342	24.8	5.3	128	24.1	8.3	214	25.5	6.6	0.94
<sup>5</sup> Diagnosed High Blood Pressure	466	26.3	4.5	183	24.3	6.9	283	28.3	5.8	0.86
<sup>6</sup> No Health Care Coverage, 18-64	589	14.3	3.4	245	14.5	5.3	344	14.1	4.2	1.03
<sup>7</sup> Obese	820	19.6	3.1	329	20.9	4.9	491	18.4	3.8	1.13
<sup>8</sup> No Leisure Time Physical Activity	724	26.1	4.0	279	24.8	6.7	445	27.3	4.7	0.91
<sup>9</sup> Current Cigarette Smoking	848	19.5	3.1	334	21.1	4.9	514	17.9	3.7	1.18

Source: Nebraska Behavioral Risk Factor Surveillance System

<sup>++</sup> The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

<sup>\*</sup> The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

<sup>--</sup> The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

<sup>-</sup> The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

<sup>a</sup> Documented number of deaths from each cause between 1999 and 2003

<sup>b</sup> Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

<sup>c</sup> Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

<sup>d</sup> Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

<sup>e</sup> Non-weighted sample size for each risk factor

<sup>f</sup> Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

<sup>1</sup> Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

<sup>2</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

<sup>3</sup> Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

<sup>4</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

<sup>5</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

<sup>6</sup> Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

<sup>7</sup> Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

<sup>8</sup> Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

<sup>9</sup> Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days